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HEALTH CARE FOR CHILDREN AND FAMILIES: A SOCIOLOGICAL ANALYSIS

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ABSTRACT:

The Present paper analysis the health care for children and families : a sociological analysis although positive reinforcement is an excellent way to promote good habits in children, I would be very wary of using this technique to promote good nutrition because this would cause the child to like the treat more and the healthy food less. Once the child was old enough to get food on his own, he would skip the healthy part and rostra's Low birth-weight infants who survive may suffer cognitive impairment, developmental problems such as poor attention span, and a much higher burden of disease and early mortality as adults than their counterparts who are born with normal weight. Malnutrition often follows an intergenerational cycle, and many women enter pregnancy malnourished. During pregnancy, they may not gain enough weight, which puts their babies at risk for low birth weight. Baby girls born underweight often grow up to be short, underweight adults. Very short women are more likely to have obstructed labor, which is dangerous for both their own health and that of their newborns Family Welfare is not merely population control. It is a broad programme covering the health and welfare of the entire family, particularly the mother and the child. In order to ensure that healthy babies are born it is necessary to look after their mothers properly before and after child-birth. Methodology was followed for this article, comprising literature review, and analysis of secondary data.

Key words: *Healthcare, Maternal health, maternal mortality, Healthy Child Development, Nutrition, Adolescents, Newborn Health, Infant, and Child.*

INTRODUCTION:

These investigating different aspects of health care for children and families. Using a national longitudinal sample of children age two years and younger, we investigate whether compliance with prescribed periodic well-child care visits has beneficial effects on child health. We find that increased compliance improves child health. In particular, higher compliance lowers future risks of fair or poor health, of some history of a serious illness and of having a health limitation. The second essay examines child health care utilization in relation to maternal labor

supply. We test the hypothesis that working-mothers trade off the advantages of greater income against the disadvantages of less time for other valuable tasks, such as seeking health care for their children. Our results indicate that higher maternal work hours reduce child health care visits; higher maternal earnings increase them. In addition, wage-employment, as opposed to self-employment, is detrimental to child health investment.

A further finding is that preventive care demand for younger children is less sensitive to maternal time and income changes. We also find that detrimental time effects dominate beneficial income effects. In countries where malaria is endemic, women are more likely to have it during pregnancy than at any other time. Infected women are more likely to have low birth-weight infants, a major risk factor for neonatal death. Malaria can cause up to 30 percent of preventable low birth weight and as much as 5 percent of neonatal mortality. Malaria is also associated with spontaneous abortion and stillbirth, and women who develop severe anemia from malaria are at increased risk of maternal death. In addition, pregnant mothers who have malaria and are HIV-positive are more likely to pass on their HIV status to their unborn child. Tetanus is another illness that affects both mothers and newborns.

The Nutrition Link Fourth, the nutritional status of girls and women, even long before pregnancy, affects fetal development and newborn health. Almost one-quarter of newborns in the developing world start life with some degree of impaired growth and micro nutrient status. This condition is largely determined by the nutritional status of the mother. Impaired growth in the womb predisposes infants to have low birth weight, a condition affecting more than 20 million infants in the developing world every year. Low birth-weight infants who survive may suffer cognitive impairment, developmental problems such as poor attention span, and a much higher burden of disease and early mortality as adults than their counterparts who are born with normal weight. Malnutrition often follows an intergenerational cycle, and many women enter pregnancy malnourished. During pregnancy, they may not gain enough weight, which puts their babies at risk for low birth weight. Baby girls born underweight often grow up to be short, underweight adults. Very short women are more likely to have obstructed labor, which is dangerous for both their own health and that of their newborns. And thus the cycle continues.

THE CONCEPT OF HEALTHY CHILD DEVELOPMENT:

Most caregivers try to be the perfect parent and aspire to raise the perfect, well-rounded child. Caregivers want a child to be healthy, caring, and responsible. Healthy child development plays a major role in how a child

turns out. There are many aspects of a child's development. The different aspects include the primary caregiver, school, spiritual guidance, social environment, and the role of television, videos, and computers. All these things play an important part in a child's development. The primary caregiver has many different roles in a child's life. They have different jobs to fulfill. Primary caregivers provide support and boundaries. They are able to communicate effectively with the child, and they are a positive role model in that child's life. The primary caregiver needs to make a child feel as if they are supported in many different ways. A child should feel that they are encouraged in their school by the parent. Parental involvement in the school is a positive image for kids. If their caregivers care about what they are doing in school, then most likely so will the child. The primary caregiver should give confidence in the activities that a child is involved in. Activities are important for children. It gives them something to do, and it keeps them active. It's better than letting them sit in front of the television all day. The primary caregiver should encourage this kind of activity. It promotes a healthier lifestyle for the child. Communication between a child and the primary caregiver is extremely important. A child should feel like they can talk to their caregiver without being looked down upon. They should be able to seek advice and counsel from their primary caregiver. The communication between the primary caregiver and the child should be more positive than negative. If it is negative, the child may feel like he/she cannot talk.

Definition (WHO) Maternal health refers to the health of women during pregnancy, childbirth and the postpartum period

- To provide optimal antenatal care to pregnant women as early as possible
- To prevent and detect any deviation on the normal pattern in of pregnancy
- To identify and give special attention and care to pregnant women at risk
- To ascertain outcome of each registered pregnancy and follow up on the survival of new born infants

CHILDREN AND FAMILIES:

This dissertation consists investigating different aspects of health care for children and families. India Academy of Pediatrics guidelines for preventive pediatric health care. Using a national longitudinal sample of children age two years and younger, we investigate whether compliance with prescribed periodic well-child care visits has beneficial effects on child health. We find that increased compliance improves child health. In particular, higher compliance lowers future risks of fair or poor health, of some history of a serious illness and of having a health limitation. child health care utilization in relation to maternal labor supply. We test the hypothesis that working-mothers trade off the advantages of greater income against the disadvantages of less time for other

valuable tasks, such as seeking health care for their children. This trade off may result in positive, negative, or no net impacts on child health investment. We estimate health care demand regressions that include separate variables for mother's labor supply and her labor income. Our results indicate that higher maternal work hours reduce child health care visits; higher maternal earnings increase them. In addition, wage-employment, as opposed to self-employment, is detrimental to child health investment.

Maternal and child health care:

Family Welfare is not merely population control. It is a broad programme covering the health and welfare of the entire family, particularly the mother and the child. In order to ensure that healthy babies are born it is necessary to look after their mothers properly before and after child-birth.

Maternal and Child Health Care Services are aimed at:

- (a) Providing better health and improved chances of survival of children,
- (b) To motivate couples to accept the norm of small family,
- (c) Pregnant women are immunized with Tetanus Toxoid to prevent puerperal and neonatal tetanus,
- (d) They are also given supplements of Iron and Folic Acid to protect them from developing nutritional anemia,
- (e) Children are immunized against diphtheria, whooping cough, tetanus, small-pox, tuberculosis, poliomyelitis and typhoid,
- (f) Schemes have been taken up to protect children from nutritional anemia and the possibility of blindness caused by Vitamin 'A' deficiency diseases,
- (g) To make breast-feeding popular among mothers.

Nutrition:

Nutrition is the process in which an organism obtains these materials from the environment. Nutrition has to do with the human digestive system because in order for you to get nutrition you have to be able to digest it, to get it across the cell membrane to distributed throughout your body. There are two types of digestion mechanical and chemical. Mechanical digestion is the breakdown of without altering the chemical composition. In order to digest a material the food has to go through many organs. The order in which it goes is the mouth (oral cavity), pharynx (throat), esophagus, stomach, small intestines, large intestines, rectum, and the anus. The mouth and pharynx is where ingestion takes place. In the mouth there are salivary glands. Salivary glands secrete saliva, and they also

contain an enzyme called salivary amylase. When the food is sufficiently chewed the tongue pushes it to the back of the throat which triggers the swallowing reflex. In the pharynx, the epiglottis which is a flap of tissue that closes the trachea to force food down the esophagus. The esophagus is a long tube that carries food from the pharynx to the stomach, the food is moved through by a series of contractions and relaxations of the muscle tissue called peristalsis, there is not a lot of food digestion in the esophagus. A sphincter controls the movement into the stomach. The stomach is a thick walled muscular sac., and can expand up to 2 liters of food and water. Both mechanical and chemical digestion occurs here. The stomach contains two types of glands:a) one secretes a mucus material that covers the lining and protects it from being eroded by the acids.b) The other types are gastric acids that secrete gastric juice, gastric juices contain enzymes.

Nutrition for Infants, Children, and Adolescents:

Each child is an unique individual whose heredity and environment shape the course of his or her life. Woven into the daily life are aspects of food and nutrition. What childhood memories of food do you have? Are these memories healthy or unhealthy Foods and their nutrients are essential to life. In the beginning years of life an infant's nutritional health depends on the family unit. Parents must have knowledge of the changing food needs of the child and must also have sufficient resources to provide food, shelter, and clothing for the family. Equally important, parents create the cultural and psychological environment that influences the development of food habits, setting the patterns for later years. During the preschool years some children depend solely on family caregivers for their nutritional needs. For other preschooler children the responsibility for meeting nutritional needs is shared by the family and others, such as caregivers in child-care centers and babysitters. The child entering school becomes influenced by teachers and peers, and learns to broaden his or her experiences with food. For many people, the adolescent years often are turbulent as the teenager seeks independence and freedom from adult rules and standards. In this research, I will focus on nutrition, in retrospect to growth and development in infants, preschoolers, school children and adolescents. Infants vary widely in their growth patterns, so it would be unwise to compare one infant with another. Yet there is value in being familiar with typical patterns of growth and development. At birth, the fetus makes an abrupt transition to life outside the uterus. Adaptation to extra uterine life is one of the most important steps in the life cycle because, for many systems in the body, birth precipitates dramatic changes in function.

Children's Health:

Exercise and proper nutrition is the key to having a health child. Nutrition and exercise are important because it keeps people's bodies - and minds – healthy. Without both of these factors, we wouldn't be feeling or looking very good. Actually, there are so many reasons why exercise and good nutrition are good for people at every age, and it's a good time to teach children to develop healthy habits and see why it's cool to be fit! Exercise makes your heart happy and your heart is one hardworking part, pumping blood every day of your life. The heart is a muscle, and it's the strongest muscle in your body - but it's always looking to become even stronger! Since it can't lift weights to get stronger, it relies on you to do aerobic exercise. Aerobic is a fancy word for needing oxygen, and aerobic exercise is any kind of activity that makes your muscles use oxygen. Aerobic exercise is repetitive; meaning it's an activity you do over and over, to keep bringing fresh oxygen to all of your muscles. When you do aerobic exercise and bring in that oxygen, your heart becomes stronger and even a tiny bit bigger. The number of blood cells in your blood increases, so the blood can carry even more oxygen. The blood in your body even moves more easily through the blood vessels.

Health Care:

The every child deserves to start life with healthy bodies and minds. All children need access to complete health and mental health services that provide preventive care when they are well and treatment when they are sick. But today, 11.3 million children, more than 90 percent of them in working families have no health insurance. 11.3 million children age 18 and under are uninsured, the largest number ever reported by the Census Bureau. More than 90 percent of uninsured children have one or more parents who work. Other aspects of uninsured children include the following: • æ Three in five live in two-parent families. • æ Two-thirds have family incomes above the poverty level, but 70 percent have incomes below \$26,660 a year for a family of three (200 percent of the federal poverty level in 1997). The majority of uninsured children are in the group aimed by the new child health legislation. Since 1989, children have lost private health coverage at twice the rate of adults. (Bureau of the Census, March 1990 and March 1997 Current Population Surveys).

HOME-BASED NEWBORN HEALTH CARE IN INDIA:

In the Gadchiroli district of India, Drs. Abhay and Rani Bang and colleagues at the Society For Education, Action & Research in Community Health (SEARCH) have developed a remarkable approach to home-based health care that benefits both newborns and their mothers. It had to be home-based because 83

percent of births in rural India occur at home, and these villagers have virtually no access to health facilities. After two years of research, SEARCH introduced neonatal care through trained village health workers and trained birth attendants, who provide health education to new mothers, support breastfeeding and maintenance of body temperature, and recognize danger signs in mothers and babies. By the third year of the program, which tracked results in 39 intervention villages and 47 control villages, SEARCH had recorded a 62 percent reduction in the neonatal mortality rate for the intervention areas as well as a significant reduction in various neonatal and maternal morbidities

Maternal, Infant, and Child Health:

Improve the health and well-being of women, infants, children, and families. Improving the well-being of mothers, infants, and children is an important public health goal for the United States. Their well-being determines the health of the next generation and can help predict future public health challenges for families, communities, and the health care system. The objectives of the Maternal, Infant, and Child Health topic area address a wide range of conditions, health behaviors, and health systems indicators that affect the health, wellness, and quality of life of women, children, and families.

Health Care and Assisted Living:

The key items that define what Universal Health Care consists of. Through the presentation of this report I hope to determine if Universal Health Care is a worthwhile objective in American society. Universal Health Care Explained As people near the end of their lives old age begin to shed its ominous light over every aspect of life. As people enters the twilight years of their lives, earlier than anyone should, they are faced with failing health and no way to pay the doctor bills. Some of the more common forms of health care are Home Health Care, Assisted Living, Long term and Hospice. All of these forms of health care are known as a whole as Universal Health Care.

Health and Illness:

Definitions of health and illness are very complex, in that there are cultural differences in how societies classify what are health and illness, the causes and the treatment. However because disease occurs in patterns it is thought that the conditions that determine health chances are social conditions. The way we think about health and illness is socially constructed as we are used to accepting the views of the medical profession. In modern medicine our bodies are seen as machines and doctors as mechanics, however studies by sociologists show that there is a range

of environmental, political and behavioral factors that contribute to the construction of health and illness. In societies what appears to be abnormal or unacceptable is often labeled as disease, conflicts arise because what accounts for illness differs from place to place and from time to time. Numerous studies also show that a person's social class strongly affects health and longevity, and that poverty and social class are the most important factors determining health. The lower ones social rank the more prone one is to early death.

FACTORS AFFECTING HEALTH AND WELL BEING:

The health status of a particular group or community is Dependent upon many factors. In the main, you can think of different communities as being of different social classes. A persons social status is almost directly related to that person's health and the social group that you belong to will have a potential affect on your health and life chances. The types of social groups in the community vary from the very top class to the lowest. If we take geographical location, for example, in Britain you would expect people with the highest income to be situated toward the south, south east area due to their being higher wages and more employment. The financial position of a group in a community will have an effect on people's life chances. Can have lower social class communities made up of low skilled or unskilled people and therefore have high levels of poverty, deprivation with poor, damp housing e.g. old high rise flats with illness related to these damp conditions.

Healthy Mothers and Healthy Newborns:

The past century witnessed a revolution in health care, yet millions of women still endure the risks of pregnancy and childbirth under conditions virtually unchanged over time. Maternal complications take a serious toll on women. Tragically, millions of stillbirths and newborn deaths result from many of the same preventable causes. Every year, 4 million babies are stillborn. Another 4 million newborns die before they reach the first month of life. As with maternal deaths, 98 percent of newborn deaths occur in developing countries. While there have been significant declines in infant and child mortality in the developing world in recent decades, there has been little progress in reducing the death rate for mothers and newborns. As a result, newborn deaths now represent 40 percent of all deaths among children under 5 years of age. To sustain previous health gains and meet the United Nations Millennium Development Goals, policymakers need to place much greater emphasis on proven, cost-effective measures to save maternal and newborn lives. Making motherhood safer is critical to saving newborns.

Newborn Health Begins With Mothers:

To a considerable extent, the well-being of a newborn depends on the health of the mother. In developing countries, a mother's death in childbirth means almost certain death for her newly born child. When mothers are malnourished, sickly, or receive inadequate prenatal and delivery care, their babies face a higher risk of disease and premature death. The rate of neonatal death is thus high in regions where the risk of maternal death is high. Recent estimates show that in Africa, for example, a woman's risk of dying from maternal causes and one of every five African women risks losing a newborn during her lifetime.⁴ Neonatal and maternal deaths place a significant burden on health systems as well as on women and families. A recent report revealed the extent of loss of healthy life from newborn deaths; for example, it represents more than 8 percent of the total disease burden in sub-Saharan Africa and nearly 14 percent in South Asia.

IMPACT OF MATERNAL INFECTIONS:

Third, many stillbirths and newborn deaths from infection can be prevented through appropriate maternal care. Mothers may pass sexually transmitted infections to their newborns during pregnancy, delivery, or breastfeeding. The Nutrition Link Fourth, the nutritional status of girls and women, even long before pregnancy, affects fetal development and newborn health. Almost one-quarter of newborns in the developing world start life with some degree of impaired growth and micronutrient status. This condition is largely determined by the nutritional status of the mother. Impaired growth in the womb predisposes infants to have low birth weight, Low birth-weight infants who survive may suffer cognitive impairment, developmental problems such as poor attention span, and a much higher burden of disease and early mortality as adults than their counterparts who are born with normal weight. Malnutrition often follows an intergenerational cycle, and many women enter pregnancy malnourished. During pregnancy, they may not gain enough weight, which puts their babies at risk for low birth weight. Baby girls born underweight often grow up to be short, underweight adults. Very short women are more likely to have obstructed labor, which is dangerous for both their own health and that of their newborns.

Break the Cycle of Poor Nutrition:

The role of good nutrition in improved neonatal and maternal survival extends beyond the time a woman is pregnant. Promoting adequate nutrition and counseling women to gain enough weight during pregnancy is just the first step. Promoting a healthy and varied diet through an adequate supply of food will

also improve the nutrition of girls and women over time. Some countries have addressed micronutrient malnutrition by fortifying foods (such as putting iodine in salt) or by providing iron and folic acid supplements, and — where appropriate — vitamin A, iodine, and zinc. Integrate Interventions for Maternal and Newborn Survival Into Other Programs Increasing access to contraceptives allows women to plan the number and timing of their pregnancies. Strengthening services to detect and treat sexually transmitted diseases, malaria, and malnutrition during pregnancy are also ways to protect both mothers and their newborns. Gathering data on tetanus immunization rates, skilled attendance at delivery, low birth weight, breastfeeding practices, postpartum care, and other indicators of maternal and newborn health allows policymakers to make informed decisions about how to allocate funds.

SUMMARY AND CONCLUSION:

Health care for children and families most important, and Nutrition has to do with the human digestive system because in order for you to get nutrition you have to be able to digest it, to get it across the cell membrane to distribute threw out your body. Women's health and socioeconomic opportunities during the life cycle. Intervening to make motherhood safer and to protect newborns in their most fragile period is an essential investment in the future. . In this research, I will focus on nutrition, in retrospect to growth and development in infants, preschoolers, school children and adolescents. Infants vary widely in their growth patterns, so it would be unwise to compare one infant with another. Yet there is value in being familiar with typical patterns of growth and development. At birth, the fetus makes an abrupt transition to life outside the uterus. Adaptation to extra uterine life is one of the most important steps in the life cycle because, for many systems in the body, birth precipitates dramatic changes in function. Policymakers must ensure that health care is available for newborns as well as their mothers. From the moment of birth, each newborn is a separate individual with needs that may depend not only on the mother, but also may require special attention. Research indicates that the cost-effective prenatal and delivery services that improve women's health and nutrition could save a significant percentage of their newborns as well. However, it is important to recognize that during the postpartum period when most deaths occur mothers and newborns require individualized attention. Health care must be structured to meet the specific needs of the newborn as well as those of the mother.

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